MAW'S

Simple Directions

for

First Aid.

S. Maw, Son & Sons, Ltd.,
Aldersgate St., London,
and Barnet.

TRADE MARK

Burns and Scalds.

Cover the injured part with Picric Gauze and over this put a layer of Cotton Wool to exclude the air. Fasten with a bandage. Do not use Ointments or Carron Oil.

Acid Burns.

Flood the burn with cold water. Sprinkle it (after flooding) with powdered bicarbonate of soda. Cover with Cotton Wool to exclude the air.

Slight Wounds and Cuts.

Apply Iodine Solution once and allow it to dry. Cover with Plain Gauze and Cotton Wool.

A few drops of Friars Balsam sprinkled on Cotton Wool is useful for stopping bleeding.

If there is much bleeding from a cut apply pressure by means of a fairly hard pad and secure the pad with a bandage.

Boric Lint is a good antiseptic dressing for all kinds of cuts and wounds.

The hands should never come in contact with a wound or with those parts of the Dressings which are to be applied to it.

erious Wounds and Cuts.

When there is a rapid flow of dark blood a vein has been severed. Raise the limb and apply direct pressure over the wound.

If the flow of blood is jerky and the colour bright scarlet an artery has been severed. Direct pressure must be applied immediately to the actual cut and this must not be relaxed for an instant until a tourniquet has been applied on the side of the Wound **nearest** to the heart.

A doctor should, of course, be summoned at once.

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Bruises.

Apply some Tincture of Arnica. This should be diluted in water and dabbed on with Cotton Wool. Witch Hazel is also a good remedy.

Fractures and Dislocations.

Assume that the injury is a fracture and apply splints well padded.

Collapse and Threatened Fainting.

Give Sal Volatile. A teaspoonful in a wineglassful of water. Nothing should be given by the mouth if the patient has already become unconscious. Loosen all tight clothing.

Insect Bite.

A few drops of Liquid Ammonia or Sal Volatile should be rubbed on the bite **at once.**

Foreign Bodies in the Eye.

When pieces of grit, cinder, etc., become adherent to the surface of the eyeball, a few drops of castor oil should be placed in the inner corner of the eye, and a pad of Cotton Wool bound over it to exclude the light. The removal of the grit must be left to the doctor.

The above treatment applies to those dangerous cases of **Lime in the Eye.** Do not attempt to remove the particles of lime which have become adherent to the surface of the eyeball.

Electric Shock.

Remove the source of contact being careful to wear Rubber Gloves when possible. When these are not available newspapers may be used as insulating material. Treat for burns (if any) and proceed with treatment for Shock, i.e., Hot Water Bottles, Hot Drinks, etc.

Artificial respiration may be necessary.

Poisons.

May be Suicidal or Accidental.

First :—Look round quickly for indication of nature of the Poison.

A glass, A bottle, A container } smell will often indicate Poison as :— Ammonia, Carbolic, Phosphorus.

Look for Labels on Bottles, etc.

Poisons and Antidotes.

First :—Send for assistance of Medical Man.

Second:—Do Something: Lives are Saved by Seconds.

Remedies in order of importance :—

1. Stomach Pump.
2. Emetics.

3 and 4. Antidotes and Demulcents.

Stomach Pump. Improvised :—Take ½ inch India-Rubber Tube, 5 to 6 feet long, with a funnel firmly attached to one end, place the other end on patient's protruded tongue, assist swallowing by gentle pressure, pass down 2 to 3 feet. Next, hold funnel above the level of the mouth and fill with tepid water. When full, turn it quickly into a basin and lower both basin and the funnel. Repeat 2 or 3 times.

Emetics. The best and most rapid: One heaped Salt-spoon (30 grains) of Zinc Sulphate in a glass of water. Or, a tablespoonful of Mustard in a cupful of tepid water.

Poison, Corrosive	**Antidote.**	
Acids : Hydrochloric (Spirits of Salts) Nitric Sulphuric (Oil of Vitriol)	No Stomach Pump No Emetic. Give Alkalies : Magnesia or Carbonate. Soda or Carbonate. Lime { Scrapings of White-washed Walls or Ceilings. Soap in Water or Oil.	Smear mouth freely with Olive or other Oil.
Corrosive Sublimate (Perchloride of Mercury and other Mercurials.)	White of Eggs, afterwards Stomach pump then continue White of Eggs.	

Oxalic Acid	Emetic or Stomach Pump, then Lime or Plaster.
Carbolic Acid	No Emetic. Use Oils and White of Eggs, then Stomach Pump.
Lead Acetate (Sugar of Lead)	Stomach Pump. Oils and White of Eggs.
Alchohol	Stomach Pump. Cold affusion to head. Ammonia to nostrils. Strong Coffee.
Ammonia, Caustic Potash, Caustic Soda	Diluted Vinegar or Lemon Juice. Afterwards Demulcents: Oil, gruel or milk. Avoid Emetics and Stomach Pump.
Arsenic	Stomach Pump. Common Salt or Washing Soda in Water.
Morphia and Opium	1. Emetic. 2. Stomach Pump with Permanganate of Potash. Solution 20 grains to gallon, or dilute Condy's Fluid.
Nux Vomica & Strychnine	1. Emetic. 2. Stomach Pump.
Paraffin Oil	1. Stomach Pump. 2. Stimulants.
Phosphorus	1. Emetic. 2. Stomach Pump. Avoid Fats or Oils.
Vermin Killers	are composed of Arsenic, Phosphorus or Strychnine and are to be treated as such.
Weed Killer	is a preparation of Arsenic. do.
Tartar Emetic (Antimony), Copper, Zinc Salts	White of Egg, Oil or Melted Butter.

When there is absolute doubt as to the poison taken administer white of egg copiously, followed by an emetic.

In all cases of poisoning be careful to preserve the bottle.

Notes on the Use of Dressings, etc.

Bandages.

(1) To give support to injured parts.
(2) To keep Dressings in place.
(3) To fix splints and other apparatus. Calico Bandages are best for this purpose if available.
(4) To stop bleeding by means of pressure.
(5) To protect wounded parts from pressure.

The 1 inch Bandages are used for Fingers and Toes.
The 2 inch Bandages are used for the Head and upper limbs.
The 3 inch Bandages are used for the trunk and lower limbs.

Triangular Bandages.

The triangular bandage is the chief bandage used in first aid and emergency cases. The bandage is applied as (1) the whole cloth, (2) the broad fold, (3) the narrow fold. The whole cloth is the bandage spread out to its full extent; the broad fold is made from the whole cloth by bringing the point down to the centre of of the lower or longest border, and then folding the bandage again in the same direction. The narrow fold is made by folding lengthwise the broad fold.

Picric Gauze.

For application to burns.

Boric Lint.

An Antiseptic Dressing which may be used with complete safety for any wound or cut. The soft side should be laid next to the wound. It is also useful as a fomentation for which purpose it should be soaked in hot water and then wrung out dry before application.

Absorbent Cotton Wool.

For swabs where there is blood to be wiped away. Also for applying a lotion such as Friars Balsam. It is also useful as a covering over wound dressings for the purpose of excluding the air. Cotton Wool has many other uses in the home and should be always available.

Rubber Plaster.

For holding other Dressings in position.

Plain Absorbent Gauze.

This makes a useful pad for laying directly upon a wound. It does not stick to the wound like other Dressings.

Ammonia.

A few drops rubbed on insect bite at once will allay the irritation.

Arnica.

A lotion for bruises. A few drops diluted with water should be dabbed on the bruise.

Iodine.

Apply this once to a scratch or slight wound and allow it to dry. It is antiseptic and healing.

Sal Volatile.

A strong and effective stimulant, used in cases of collapse and threatened fainting. It must not be given if the patient has become unconscious. It can either be inhaled in the same manner as ordinary smelling salts, or taken inwardly, the dose being one teaspoonful in a wineglassful of water. A few drops on insect bites or stings will greatly relieve the irritation.

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Castor Oil.

When pieces of grit, cinders, etc., become adherent to the surface of the eyeball, a few drops of Castor Oil should be placed in the inner corner of the eye, and a pad of wool bound over it to exclude the light. The removal of the grit must be left to the doctor. The above treatment applies to those dangerous cases of Lime in the Eye. Do not attempt to remove the particles of lime which have become adherent to the surface of the eyeball. Castor Oil is an effective and safe aperient.

Boric Ointment.

A cleansing, non-irritant and soothing ointment. Useful for all kinds of abrasions, etc.

Friars Balsam.

A Styptic (to stop bleeding) in cases of small cuts, bruises, etc. A few drops should be applied on a piece of cotton wool and secured by strips of plaster or a bandage.

Splints.

These are rigid supports which are applied to various parts of the body to increase their natural stiffness, or to prevent their undue mobility, and are more often than not used in cases of fracture or dislocation. Always fix splints first above the seat of injury. All **Bandages** and ties over splints should be knotted off on the outside over the centre of the splint.

Tourniquet.

An instrument used to stop severe bleeding by compression of the artery.